

Rehma Mirza

Pioneer in GCC Linking Mental Health with Styling Awareness

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Professional Profile

Pioneer Sustainable Style Consultant in the GCC, dedicated to linking personal styling with mental wellbeing. I empower women, men, and youth to build confidence, self-awareness, and resilience through mindful wardrobe choices, body shape understanding, and colour psychology. My work has been recognized for creating transformative workshops that align with corporate wellness, community empowerment, and women's confidence-building initiatives.

Key Expertise

- Styling for Mental Wellbeing & Confidence
 - Colour & Body Shape Analysis
 - Wardrobe Transformation & Capsule Wardrobes
 - Mindful Dressing Practices (Hijab & Modest Fashion)
 - Sustainable & Conscious Fashion
 - Event & Corporate Wellness Workshops
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Professional Collaborations

- **ENOC (Emirates National Oil Company)** – Styling & Wellness Workshop for staff under wellbeing initiatives.
 - **Standard Chartered Bank (SOAR Alumni Program)** – Men's styling and confidence-building session.
 - **Brest Friends (in collaboration with Al Jalila Foundation)** – Upcoming women's empowerment workshop for cancer survivors.
 - **Middlesex University Dubai** – Upcoming collaboration on styling for wellbeing and mental health awareness.
 - **Community Engagement** – Conducted volunteer-based workshops for women and youth, emphasizing confidence and self-expression.
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Signature Workshop

“Styling Awareness for Mental Wellbeing” – An interactive and uplifting program showing how mindful styling, colour choices, and self-expression can support confidence, self-esteem, and emotional balance.

Volunteer & Community Engagement

- Advocating for women's empowerment through styling and self-expression.
 - Supporting youth and community wellbeing with workshops on confidence, self-image, and personal identity.
 - Collaborating with corporate and non-profit organizations to extend wellbeing awareness through styling.
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Education & Training

- MBA in Human Resources
 - Certified Style Consultant, Mayssa Assaf Academy
 - Certified Hijab Stylist, Online Italian Institute
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Languages

- **English (Fluent)**